

# Why is Physical Activity Good for My Heart



- Your heart is a muscle. Physical activity makes it stronger.
- Physical activity is one of the best ways to lose weight. Losing weight takes strain off your heart.
- Physical activity
  - Lowers your blood pressure
  - Reduces your risk of heart disease
  - Reduces “bad” cholesterol (LDL), which clogs the arteries and can cause a heart attack
  - Increases “good” cholesterol (HDL), which helps protect against heart disease

## What’s the best type of physical activity for my heart?

Aerobic activities are best. Examples of aerobic activities include walking, jogging, running, swimming, and bicycling.

